



WALKING: - In climate-controlled banquet room, twenty-five (25) laps equals a mile.



OUTSIDE WALKING TRAIL: - Each lap equals 1/3 Mile.



FITNESS ROOM: Open for your convenience Monday – Friday from 8:00 a.m. to 3:45 p.m. (We ask that you please register at the front desk when using the fitness room.)



CARDS: - Card tables available for your use on a daily basis.



BILLIARDS/POOL: There is a bumper pool table as well as a regular size pool table in the lower level card room for your enjoyment. The tables are available Monday-Friday from 8:00a.m. to 3:45p.m. except Wednesdays from 1:00-3:45 p.m.

RAINBOW MESSENGER September, 2010



COMPUTER LAB: - The computer lab is available for use daily. Jack and Ryan are available Wednesdays from 9:00 to 10:30 a.m. for FREE assistance. Come in and let them help you!

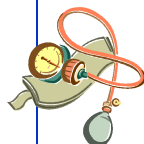
CLOSINGS: The Older American Center will be closed on Monday, Sept. 6th in observance of Labor Day.

PLEASE NOTE: Until further notice trips will be leaving from the Jasper Armory parking lot at 15th and Bartley Streets.

REGULAR SCHEDULED ACTIVITIES



EXERCISE CLASS: meets Monday and Thursday mornings at 9:00 a.m. in the Banquet Room. Our exercises are designed to help keep your joints limber. We finish with the “Chicken Dance” & “Hokey Pokey”. Come join the fun!!



BLOOD PRESSURE CHECKS: We will have Blood Pressure Checks available from 11:15 a.m. - 12:15 p.m. on **Tuesday, September 14th & Tuesday, September 28th.**

SINGING SENIORS: The Singing Seniors meet on Friday mornings at 10:00 a.m. at the Habig Center. On **Friday, September 17th we will be singing at St. Charles Health Campus at 10:00 a.m.** Come join us!



TLC CLASS (Tender Loving Crafts Class):

Join Betty Hoffman, craft coordinator, for some fun and meet new friends. Class is held from 9:00 a.m. to noon on **Tuesdays** in the Craft Room. The studio fee is \$3.00 per session and project supplies are at cost. Stop by and see what we're making.



This month's projects are:

Sept. 7th-Sweet Tots (Terri cloth & Satin)
Sept. 14th-Pot Containers
Sept. 21st-Autumn Leaves
Sept. 28th-Corn Husk Dolls

BINGO: will be held on **Tuesday, September 14th and Tuesday, September 28th starting at noon.** The cost is \$1.00 per card for all 50 games (25 per session) and .25 to play in two coveralls or special games at the end of each session. **We ask you to keep bills to \$5 and under.** Beginning at 11:30 a.m. someone will be there to collect your money. Thank You!

| B I N G O | | | | |
|-----------|----|------------|----|----|
| 7 | 25 | 44 | 57 | 62 |
| 15 | 22 | 40 | 50 | 70 |
| 11 | 30 | FREE SPACE | 46 | 74 |
| 2 | 28 | 37 | 55 | 68 |
| 10 | 27 | 39 | 59 | 75 |

CARD TOURNEYS:

- ◇ **Thursday, Sept. 2nd**
Euchre Tourney
- ◇ **Thursday, Sept. 9th**
Sheephead Tourney
- ◇ **Thursday, Sept. 16th**
Cinch Tourney
- ◇ **Thursday Sept. 30th**
Rum Tourney



Games start at 12:00 (noon) and we will play until 3:00p.m. so we can add more games in each tourney. \$1.00 entry fee is requested and prizes will be given away. Please sign up by 10:00 a.m. the morning of the Tourney.

*****SPECIAL ACTIVITIES:*****

LUNCH BUNCH: We will be enjoying lunch at **Snaps Restaurant on Wednesday, September 15th at 11 a.m.** Please call your reservations in to the Center by **Tuesday, September 7th at 3p.m.** As before the group still goes “dutch treat”, everyone is welcome. We always have a great time visiting!!

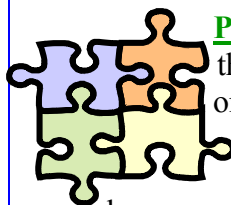
CATERED MEAL: Join us for our monthly catered meal **on Thursday, September 23rd at 12:00 (noon) with Catering by Meyer.** The menu will be: Minute Steak with Gravy, Mashed Potatoes, Green Beans, Creamy Cole Slaw, Unsweetened Tea, Bread & Butter. Cost of the meal is \$7.00 payable the day of the meal. **Reservations are due by noon on Friday, September 17th.**

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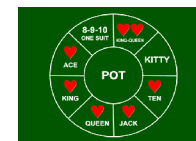


BOOMERAMA: None scheduled for September. **Please attend the “Stand Up To Falls” Prevention Seminar** on Tuesday, September 21st from 8 a.m. until 2 p.m. Learn what you can do to stay strong and prevent falls. A great program has been put together and cost is \$10.00 per person which includes lunch. (Make checks payable to: Dubois County Health Department) Please call the Center to sign up and let us know what sandwich you would like. We have three choices: Ham, Turkey or Roast beef. Flyers with details will be posted at the Center.

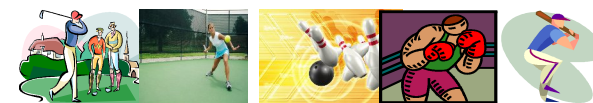


PUZZLES: We have one on the dining room table for anyone that would like to help. Put a few pieces together in passing or sit for awhile. If you have puzzles that you'd like to bring in, please do so!

SCRABBLE: An 8 letter word for fun - scrabble! We will be playing on Tuesday September 7th at 1 p.m. Please call 482-4455 by 3 p.m. Friday September 3rd. and let us know if you will be able to join in the fun!!



TRIPOLEY: Join us for Tripoley on **Wednesday, September 22nd at 1:00 p.m.** Bring your pennies to play, as always, it's an enjoyable afternoon. **Please sign-up by Monday, September 20th at 3 p.m. .**



Wii GAMES: Join Carie & Bev for Bowling on the Wii Wednesday, September 29th at 1:00 p.m. in the lower level card room. It will be a fun afternoon!

The Wii is also available every day except Wednesday. Come in and bowl, box, play golf, tennis or baseball on the Wii. You can play alone or with a friend. It's great exercise! We're always here to help you get started!!

CORN HOLE: We are going to bring the Corn Hole Game up to the Banquet Room on Wednesday September 1st and Monday, September 27th. Games will start at 1:00 p.m. **COME GIVE IT A TRY!**

You can also try your luck at Corn Hole games in the lower level Monday thru Friday from 8:00 a.m. to 3:45 p.m. Check with staff on the availability of the room when you come in.

TRIPS

OCTOBER

A trip to New Harmony, IN is being planned for Thursday, October 21st. We will be leaving the Jasper Armory at 8:15 a.m. and will pick up in Huntingburg if requested. First stop will be the Visitor Center for an orientation film. We will have a guided tour of a couple of places and the step on guide will point out interesting and significant places in New Harmony. Lunch will be at the Red Geranium, featuring the Kentucky Hot Brown. We should return home around 4:30 p.m. Cost of the trip is \$40.00 which includes transportation, tour and lunch. Money is due by 3:00 p.m. on Friday, October 1st. Sign-up by phone starting at **1:00 p.m.** on Monday, September 13th.

It should be a great trip with pretty Fall colors! Hope you can join us!

COMING IN DECEMBER



We have reserved 2 buses for the Derby Dinner Christmas play, "Forever Plaid Tidings" We will be attending the Tuesday, December 14th matinee. Watch for sign-ups & cost in the October news letter.

RAINBOW MESSENGER

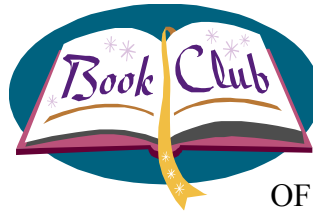
THE HABIG ROOM

Is available for touring ! Call the office at 482-4455 to set a time that is convenient for you.

MARK YOUR CALENDARS



Medication Collection, Fri. Oct. 8th.
At Fire Stations in: Haysville, Holland & St. Anthony from 9:30 a.m.-10:30 a.m. & Ferdinand, Huntingburg & Jasper (6th Street) from 11:30 a.m.—1:30 p.m.



Wednesday, September 8th at 1:00 p.m. We will discuss the book "DEATH OF A GENTLE LADY" by M.C. BEATON. Bring your book and enjoy the discussion. The book for October will be "EXPRESSO SHOT" by Cleo Coyle.

MAH JONG: Join the group playing Mah Jong on Tuesday & Friday mornings from 8:30 to 11:00. They would love to have you. Beginners welcome!!

BOOK SHELF: We have spaces available if you would like to bring in books to loan out or borrow. Make sure your name is in the book and we will have a sign in and out sheet available. If you have any questions, please feel free to call us at 482-4455. Thank you!! We have a nice selection for you to pick from.

BRIDGE: Free bridge lessons being offered for 9 weeks beginning Sept. 15th thru Nov. 10th. Learn to play on Monday mornings from 9 until 11 or Wednesday evenings from 6:30 to 8:30. Call Cindy Kluemper @ 482-3299 to sign up.

Line Dancing is coming back!!
Details in next month's newsletter.

RAINBOW MESSENGER

September, 2010

Mill Volunteers Needed: The Mill is looking for individuals to greet customers and sell souvenirs. If you are interested in volunteering on Saturdays or Sundays, please call the Park & Rec. office at 482-5959.

NEW ACTIVITIES: We're always looking for new activities to try here at the Center. If you have any suggestions, please let one of the staff know.

SUNDAYS: With the help of volunteers, the Center is able to be open Sundays from 1:00 to 4:00 p.m. for your enjoyment. If you'd like to volunteer to open for us, please call the Center at 482-4455.

BIRTHDAY & ANNIVERSARY: If you would like your birthday and/or anniversary to appear in the Newsletter, please let the staff know the month and day. Thank you!!

HAPPY BIRTHDAY TO YOU!!

September

3rd Dorothy Messmer
6th Betty Kempf
Mary Ann Vogler
7th Jerry Summers
11th Pat Sermersheim
13th Shirley Hurst
Wilma Lottes
15th Mary Bachman
17th Don Renner
18th Betty Gehlhausen
20th Barbara Hoffman
22nd Tom Fehribach
Verona Prechtel
Vicki Welp
Vi Steltenpohl
23rd. Herb Welp
24th Marge Bohnert
Vera Renner
25th Jo Ellen Carrico
27th Verlin Kenworthy
28th Ellen Jochem
30th Margie Ranger

Congratulations!! September Anniversaries

5th Mr. & Mrs. Jim Gramelspacher
6th Mr. & Mrs. Virgil Messmer
8th Mr. & Mrs. Herb Welp
9th Mr. & Mrs. Alfred Coffey
13th Mr. & Mrs. Kenny Schepers
15th Mr. & Mrs. Chester Hanebutt



RECIPE EXCHANGE:

**** This recipe was served at Boomera this month and was delicious!!**

Pasta Slaw

3 Packages Chicken flavored Ramen Noodles: Boil 3 minutes, drain and rinse with cold water. Add seasoning packets.

Mix together: 1/4 cup oil

1 cup sugar

1/2 cup white vinegar

1 bag slaw mix

Combine the noodle mixture, liquid mixture and bag of slaw together & refrigerate.